

**SAN FERNANDO ALLIANCE OF
MENTAL ILLNESS**

Family Support Group

We are families
helping families.

1st and 3rd Tuesdays each month

6:30 p.m.—8:00 p.m.

**Santa Clarita Mental Health Center
23501 Cinema Drive
Santa Clarita, California 91355**

For family members of those with severe mental illness ;
Schizophrenia , Major depression, Panic disorder Bipolar disorder
Obsessive-Compulsive Disorder, Addictive disorders
Borderline personality disorder and Co-occurring brain disorders

**Family members of people with serious mental illnesses often
experience considerable worry, stress, and the need for
encouragement and support as they try to assist their ill relatives
and adjust to the changes that serious mental illness brings to the
family system. We support people with mental illness (our loved
ones!) in their battle against stigma and discrimination from a
society that doesn't understand.**

**San Fernando
Alliance of
Mental Illness**

Voice Mail: 818-994-6747

**E-Mail:
mail@namisanfernandovalley
.org**

**Mailing Address: AMI,
14545 Sherman Circle,
Van Nuys, CA 91405**

A small group of family members (usually a group of six to ten) share their mental illness problems and stories. (No one has to share unless he or she wants to.) Since everyone attending has or is going through the same things, everyone understands and offers comfort. Often someone has a helpful idea or describes a similar experience and how it worked out.

**Please contact Zee Dankworth at 818.364.0120
for more information about this group.**